

# PLANK 5





## TOOL: Blood Pressure Log (Henry Ford Health System)



### Blood Pressure Log for

(Name)



Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
 <b>Normal</b>	less than 120	and	less than 80
 <b>Prehypertension</b>	120 – 139	or	80 – 89
 <b>High Blood Pressure (Hypertension) Stage 1</b>	140 – 159	or	90 – 99
 <b>High Blood Pressure (Hypertension) Stage 2</b>	160 or higher	or	100 or higher

Source: American Heart Association

I will take my blood pressure at:

First check time: \_\_\_\_\_

Second check time: \_\_\_\_\_

Date	First Check			Second Check			Notes
	Time	Blood Pressure	Pulse	Time	Blood Pressure	Pulse	
		/			/		
		/			/		
		/			/		
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